



Leisure Services Department **Extension Services**

Family Nutrition Program

FNP Goal

To reduce the risk of chronic disease and health complications by positively changing nutrition and physical behaviors of students eligible for a free or reduced school lunch.

Year-End Highlights

- FNP is in nine of seventeen eligible schools
- PAs have provided nutrition education to over **3,500** individual students, 72% (2520) are eligible for a free or reduced school lunch
- With FNP resources, teachers and food service managers have continued nutrition education outside of FNP instruction, for a total of over **75,000** nutrition education contacts
- **Seminole County Extension Service** is providing approximately **\$2,725** a month of in-kind match in the form of agent salaries, copying services, space donation, car mileage, and more.
- **Seminole County Public Schools** is providing approximately **\$9,900** a month of in-kind match in the form of teacher and food service manager salaries as well as donation of space.
- Preliminary evaluations indicate the following:
 - o The percentage of students who ate a high fiber food that day more than doubled after education
 - o The percentage of students who think snacking is part of a healthy diet nearly tripled
 - o The amount of students who drank soda that day decreased by almost half

2011 Goals

- There is an overwhelming demand for FNP in our eligible schools! Therefore, we will request funding for an additional PA in the 2010-2011 grant
- Implementation of an incentive program for participating teachers and students
- Creation of an interactive website for teachers
- Collaboration with SGTV for mini nutrition videos
- Comprehensive evaluation of knowledge gained and behavior changed from FNP instruction
- Development of "so what" for FNP – how does FNP save tax payer dollars, prevent adult onset obesity, etc.

FNP Staff

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